



Healthy Whole Wheat

Whole Wheat: Get the Healthy Choice

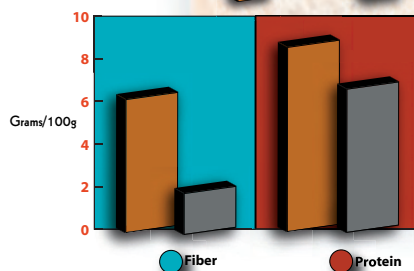
Wholesome Health Benefits of Whole Wheat

May reduce risk for: Obesity — Diabetes — Cancer — Heart Disease

Whole Wheat has more Fiber and Protein than White!

Whole Wheat vs. White Flour

Whole Wheat White Flour



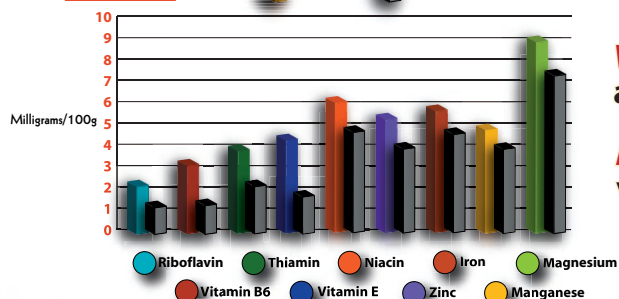
Fiber helps to satisfy appetite for a longer time and helps digest and eliminate foods.

Protein helps you build stronger muscles.

Whole Wheat has more Vitamins and Minerals than White!

Whole Wheat vs. White Flour

Whole Wheat White



Vitamins have many functions in the body and are necessary for good health and life.

Minerals are important in regulating various body functions.

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